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U.S. Department of Agriculture

Agricultural Marketing Administration

Commodity	<u>FRESH CABBAGE</u>
Marketing area	EASTERN SEABOARD STATES NORTH OF FLORIDA AND STATES NORTH OF TENNESSEE AND EAST OF MISSISSIPPI AND MISSOURI RIVERS
Time	SEPTEMBER 28 through OCTOBER 10

FOR USE AFTER SEPTEMBER 15, 1942

WASHINGTON, D. C.

Retailers and other merchants in certain North Central and Eastern Seaboard States will feature fresh cabbage as a Victory Food Special during the period September 28 through October 10. The area in which this merchandising drive will be conducted includes the Eastern Seaboard States north of Florida and all States north of Tennessee and east of the Mississippi and Missouri Rivers.

Storekeepers cooperating with the Agricultural Marketing Administration will list fresh cabbage as a Victory Food Special in their advertising and display material to focus consumer attention on abundant supplies available on most markets in this area. Homemakers, restaurateurs, and others will be urged to make full use of cabbage during this period in order to prevent waste and to assure the harvesting and marketing of the entire fall cabbage crop.

The principal kind of cabbage on most markets during the latter part of September and early October will be the Domestic type. Ordinarily, large quantities of this kind of cabbage are used in the manufacture of sauerkraut for sale mostly in tin cans. Because tin is needed to beat the Axis, none will be available this season for packing kraut for civilian use. While quantities of kraut will be put up in wooden containers for bulk sale to consumers, the total amount to be packed in this manner is not expected to be great enough to make up for the supply that would otherwise be packed

if tin cans could be had for this purpose. More fresh cabbage will have to move onto consumer markets, or else be left unharvested in the fields.

Domestic type cabbage cannot be stored for winter use. Although this kind of cabbage can be stored for short periods, it is the type which, if not used for kraut, has to be marketed in fresh form soon after harvest. By using fresh cabbage in various ways during this time of the year, homemakers and others can help conserve valuable food and aid the Nation in making more effective use of its total wartime food supply.

This season, because of the favorable growing conditions, cabbage has grown into large size heads. The usual small size heads will be difficult to obtain. Large or small, a head of cabbage is an excellent food. And since this season more cabbage has to be used to prevent waste of the crop, consumers can help greatly by buying the larger heads. While prices of all foods are up because of wartime conditions, consumers will find fresh cabbage reasonably priced in relation to other commodities.

EVERY HOMEMAKER now has the job of seeing to it that the most effective use is made of the nation's total wartime food supply. Food is a weapon and our farmers are producing more than ever before. But farmers cannot produce in exact amounts -- nor are all foods suitable for war purposes. Thus, from time to time, some foods are more abundant than others. Homemakers are asked to use more of these plentiful foods. Those foods in most abundant supply are designated by the Agricultural Marketing Administration as **VICTORY FOOD SPECIALS**. Merchants are cooperating with AMA by featuring Victory Food Specials. When the homemaker buys Victory Food Specials she spreads her buying power in a way that serves the nation and her family. And this conserves other food and prevents possible waste, thus assuring full use of all that is produced. Yes, every homemaker is a sergeant in the all-important food management army.

Cabbage patches may have been one of the reasons Hollanders were willing to pay the high price of \$24 for Manhattan Island. The first seed of the plant, which had been domesticated long before from its wild coastal habitat, was brought to our shores as early as 1560 by the French explorer, Cartier. At any rate, early settlers brought a taste for cabbage and still more seed and today this vegetable ranks second only to potatoes in palate popularity.

This bespeaks an instinct for nutritious food, for cabbage, in the vegetable kingdom, has been found to have few peers in vitamin content. It has A, the "black-out vitamin", so necessary to good eyesight in dim light. It has three B's--thiamine for steady-nerved morale, riboflavin to promote healthy growth, and niacin toward off deteriorating pellagra. And it also has C, the toning vitamin that we must eat daily since it cannot be stored. Iron for the blood, calcium for the bones--cabbage, especially when it is eaten raw, has a little of everything. Whether it appears as simple coleslaw or in the more elaborate salad creations, you can almost taste the vitamins when you bite into the crisp raw vegetable.

The big-headed cabbages you are asked to buy can be used as a raw vegetable one day and cooked the next. They shred well and are good for coleslaw, cooked slaw and all of those things. But we are likely not to clear the markets of them unless we make some sauerkraut on our own while cabbage is a Victory Food Special. And, if you don't make your own kraut, you will be able to get it later at your store in bulk, because putting up kraut in tin cans is apparently out for the duration.

You don't have to have big crocks and lots of room for making kraut at home, for there is a modern method that is easy and good. Kraut is simply cabbage which has cured in its own juice. You just add salt to draw the juice and sugar out, and then fermentation starts. Result: that tart, tantalizing taste which tops the frankfurter and complements the pot roast, the sparerib, the ham.

The hardest part of the job is shredding the cabbage, but a good sharp knife will make that job easy. Once it's done, all you have to do is to mix in the salt -- 4 ounces to 10 pounds of cabbage--and

fork the mixture into glass jars, preferably 2-quart ones. Place the rubbers and lids on the jars, but do not seal them tightly. An enamel pan under the jars will catch the juice that bubbles out. Let the kraut stand for two or three days until there is a good gas formation. Then pour the juice back and seal the jars. Allow the kraut to ripen for a month or six weeks, then it is ready to serve.

Kraut is one of those bulky vegetables, so needed in the average diet of highly concentrated foods. It fills without adding weight and gives needed roughage.

But that is to look at sauerkraut coldly. There's no taste quite like kraut and, in some parts of the country, it is served hot whenever there's turkey or goose. Combined with diced apples and fried until brown, sauerkraut makes a delectable extra vegetable for any meal.

A pick-me-up cocktail with a real kick in it can be made from the kraut brine. Add two tablespoons of lemon juice, $\frac{1}{4}$ teaspoon of caraway seed, and a half cup of finely diced raw apple to a pint of the liquid. And have you ever tried the "two-tone"--half sauerkraut juice, half tomato juice for a complementary mixture.

Less tart than sauerkraut, but very good, is cooked slaw. A little fat in a skillet and you will find that the shredded fresh cabbage will brown quickly and make its own juice for cooking. Pour on a little vinegar, rub in a little flour, sprinkle with sugar and salt, turn the fire low, and let the mixture simmer for five minutes or so.

Even the cabbage's best friends cannot deny that this vegetable has a strong cooking odor. Still you'll hardly know what's cooking if you keep the lid off the pot while the cabbage is in it--and if you are a modern cook and know that it takes just a few minutes to cook cabbage rather than the hours that grandmother insisted upon.

Now, for a 5-minute cabbage dish. Heat about 2 cups of milk, add a quart and a half of shredded cabbage. Cook about 2 minutes. Add another cup of cream or milk. Thicken with 3 tablespoons of flour and richen with a like amount of fat. Add salt and pepper to your taste and cook the cabbage quickly for 3 or 4 minutes, stirring all the time. For a delicious variation, try adding grated cheese or cooked apples.